

## Our Health

### African American Women Can Improve Heart Health

(NAPS)—Only 57 percent of all women know that heart disease is the leading cause of death for women in the U.S. African American women are especially at risk. Heart disease is more prevalent among black women than among white women, as are many of the risk factors that increase the risk of developing the condition. These factors include high blood pressure, being overweight, obesity, and diabetes.

A nationwide campaign—*The Heart Truth*—is underway to raise awareness that heart disease is the #1 killer of women.

African American women can learn their personal risks by asking their doctors these important questions:

1. What is my risk for heart disease?
2. What are my blood pressure, cholesterol (total, LDL, HDL and triglycerides), body mass index, and blood glucose numbers? What do they mean for me and what do I need to do about it?
3. What other screening tests for heart disease do I need? How often should I return for check-ups for my heart health?
4. What can you do to help me quit smoking?
5. How can I tell if I may be having a heart attack? If I'm having one, what should I do?

#### Heart Healthy Eating

Cutting the risk of heart disease also involves eating healthful dishes. *The Heart Truth* provides healthy versions of recipes for favorites such as sweet, Southern-



**The Red Dress Pin is the national symbol for women and heart disease awareness. It serves as a red alert for women—reminding them of *The Heart Truth* message: “Heart Disease Doesn’t Care What You Wear—It’s the #1 Killer of Women.”**

style barbecued chicken, classic but lower-fat macaroni and cheese, moist apple coffee cake, and many more. Women can also make their favorite recipes heart healthy by making easy, tasty ingredient substitutions for eggs, butter, salt, and shortening.

*The Heart Truth* campaign is sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health of the U.S. Department of Health and Human Services.

For recipes and more tips on heart healthy living, look for “When Delicious Meets Nutritious: Recipes for Heart Health” and other heart health information on [www.hearttruth.gov](http://www.hearttruth.gov) or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).

#### Did You Know?

Heart disease is the number-one killer of American women. And for African American women, the risk is especially great. A national campaign called *The Heart Truth* is underway to raise awareness that heart disease is the number one killer of women in the United States. Sponsored by the National Heart, Lung, and Blood Institute, the campaign offers tips, information, and statistics about heart disease as well as heart healthy versions of favorite recipes. For more information, visit [www.hearttruth.gov](http://www.hearttruth.gov) or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).